

### **AMENDMENTS TO THE CLAIMS**

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104. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain ~~preselected~~ selectable physiological parameters of said individual;

~~wearing a wearable physiological monitoring device on the body of the individual;~~

generating data with said wearable device, said generated data indicative of ~~one or more measured parameters~~ a first parameter of said individual ~~using~~ wearing said wearable physiological monitoring device;

generating data indicative of a second parameter of said individual with at least one of said wearable device and a second device;

~~determining~~ calculating quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal

~~based upon~~ from said data indicative of ~~one or more~~ said first and second parameters; and

~~providing~~ communicating to a recipient said determined quantitative status information regarding said individual.

105. (Previously Presented) A method according to claim 104, wherein said physiological status goal comprises a plurality of categories.

106. (Previously Presented) A method according to claim 105, wherein said quantitative status information is determined and provided with respect to each of said categories.

107. (Previously Presented) A method according to claim 106, wherein said categories relate to two or more of nutrition, activity level, mind centering, sleep, and daily activities.

108. (Previously Presented) A method according to claim 104, wherein said providing step comprises providing at least a portion of said quantitative status information in graphical form.

109. (Previously Presented) A method according to claim 104, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with said device, said sensors generating data indicative of at least a first parameter and a second parameter of said individual.

110. (Previously Presented) A method according to claim 109, said generating step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said one or more measured parameters including said derived data.

111. (Previously Presented) A method according to claim 109, said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a second parameter, said using step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter and using at least said derived data to determine said quantitative status information.

112. (Previously Presented) A method according to claim 110, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

113. (Previously Presented) A method according to claim 110, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

114. (Previously Presented) A method according to claim 110, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

115 (Previously Presented) A method according to claim 113, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

116. (Previously Presented) A method according to claim 115, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is



generated using at least said data indicative of motion, said data indicative of heat flow and said data indicative of resistance of said individual's skin to electric current.

117. (Previously Presented) A method according to claim 111, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

118. (Previously Presented) A method according to claim 111, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

119. (Previously Presented) A method according to claim 111, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

120. (Previously Presented) A method according to claim 118, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

121. (Previously Presented) A method according to claim 120, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow and said data indicative of resistance of said individual's skin to electric current.

122. (Previously Presented) A method according to claim 104, further comprising the step of aggregating said data indicative of one or more measured parameters with data collected from a plurality of individuals to create aggregate data.

123. (Previously Presented) A method according to claim 122, further comprising the step of creating reports based on said aggregate data.

124. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological

status goal, said individual wearing a wearable physiological monitoring device, the method comprising:

establishing said physiological status goal according to certain ~~preselected~~ selectable physiological parameters of said individual;

~~wearing a wearable physiological monitoring device on the body of the individual;~~

generating data with said wearable device, said generated data indicative of a first ~~one or more measured~~ parameters of said individual ~~using~~ wearing said wearable physiological monitoring device;

generating data indicative of a second parameter of said individual with at least one of said wearable device and a second device;

~~determining~~ calculating quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal ~~based upon~~ from said data indicative of ~~one or more~~ said first and second parameters; and

communicating to a recipient ~~providing to said individual~~ said determined quantitative status information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal.

125. (Previously Presented) A method according to claim 124, wherein at least two sensors selected from the group consisting of physiological sensors and contextual sensors are in electrical communication with said device, said sensors generating data indicative of at least a first parameter and a second parameter of said individual.

126. (Previously Presented) A method according to claim 125, said generating step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter, said one or more measured parameters including said derived data.

127. (Previously Presented) A method according to claim 125, said data indicative of one or more measured parameters including said data indicative of at least a first parameter and a second parameter, said using step further comprising generating derived data based on said data indicative of at least a first parameter and a second parameter and using at least said derived data to determine said relative degree of achievement.

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137. (Previously Presented) A method according to claim 126, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors, light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

138. (Previously Presented) A method according to claim 126, said at least two sensors being two of a body motion sensors adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart

beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

139. (Previously Presented) A method according to claim 126, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

140. (Previously Presented) A method according to claim 138, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

141. (Previously Presented) A method according to claim 140, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow and said data indicative of resistance of said individual's skin to electric current.

142. (Previously Presented) A method according to claim 127, said at least two sensors being chosen from the group consisting of respiration sensors, temperature sensors, heat flux sensors, body conductance sensors, body resistance sensors, body potential sensors, brain activity sensors, blood pressure sensors, body impedance sensors, body motion sensors, oxygen consumption sensors, body chemistry sensors, body position sensors, body pressure sensors,

light absorption sensors, piezoelectric sensors, electrochemical sensors, strain gauges, and optical sensors.

143. (Previously Presented) A method according to claim 127, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said data indicative of at least a first parameter and a second parameter comprising at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

144. (Previously Presented) A method according to claim 127, wherein said derived data comprises data relating to at least one of activity level, sleep, nutrition, stress level and relaxation level.

145. (Previously Presented) A method according to claim 143, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

146. (Previously Presented) A method according to claim 145, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow and said data indicative of resistance of said individual's skin to electric current.

147. (Previously Presented) A method according to claim 104, said wearable physiological monitoring device being part of an armband.

148. (Previously Presented) A method according to claim 104, said wearable physiological monitoring device being part of a garment.

149. (Previously Presented) A method according to claim 104, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, an impedance sensor adapted to generate data indicative of an impedance of said individual's body, and a pulse rate sensor adapted to generate data indicative of a pulse rate of said individual, said physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data



indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate when worn by said individual; said data indicative of one or more measured parameters being generated using said at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate.

150. (Previously Presented) A method according to claim 124, said wearable physiological monitoring device being part of an armband.

151. (Previously Presented) A method according to claim 124, said wearable physiological monitoring device being part of a garment.

152. (Previously Presented) A method according to claim 124, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, an impedance sensor adapted to generate data indicative of an impedance of said individual's body, and a pulse rate sensor adapted to generate data indicative of a pulse rate of said

individual, said physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate when worn by said individual; said data indicative of one or more measured parameters being generated using said at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity, said data indicative of a temperature of said individual's skin, said data indicative of impedance, and said data indicative of pulse rate.

153. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal, the method comprising:

establishing said physiological status goal according to certain selectable ~~preselected~~ physiological parameters of said individual;

~~wearing~~ providing a wearable physiological monitoring device to be worn on the body of the individual, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain

activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual;

~~generating data with said wearable device, said generated data~~ indicative of one or more measured parameters of said individual using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin;

~~determining~~ calculating quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal ~~based upon~~ from said data indicative of one or more parameters; and

~~providing~~ communicating to a recipient said determined quantitative status information regarding said individual.

154. (Previously Presented) A method according to claim 153, said wearable physiological monitoring device having a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain

activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual, said data indicative of each of said one or more measured parameters being generated using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

155. (Previously Presented) A method according to claim 153, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said one or more measured parameters comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

156. (Previously Presented) A method according to claim 155, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow, and said data indicative of resistance of said individual's skin to electric current.

157. (Currently Amended) A method for assisting an individual to monitor, control and modify certain aspects of the individual's physiological status according to a preset physiological status goal. the method comprising:

establishing said physiological status goal according to certain ~~preselected~~  
selectable physiological parameters of said individual;

~~wearing~~providing a wearable physiological monitoring device to be worn on the body of the individual, said wearable physiological monitoring device having at least two sensors, said at least two sensors being two of a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual;

generating data with said wearable device, said generated data indicative of one or more measured parameters of said individual using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin;

~~determining~~ calculating quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal ~~based upon~~ from said data indicative of one or more parameters; and

~~providing to said individual~~ communicating to a recipient said determined quantitative status information indicative of a suggested change in said individual's performance to assist said individual in the achievement of said physiological status goal.

158. (Previously Presented) A method according to claim 157, said wearable physiological monitoring device having a body motion sensor adapted to generate data indicative of motion, a skin conductance sensor adapted to generate data indicative of the resistance of said individual's skin to electric current, a heat flux sensor adapted to generate data indicative of heat flow, a body potential sensor adapted to generate data indicative of heart beats or muscle or brain activity of said individual, and a temperature sensor adapted to generate data indicative of a temperature of said individual's skin, said wearable physiological monitoring device generating said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin when worn by said individual, said data indicative of each of said one or more measured parameters being generated using at least two of said data indicative of motion, said data indicative of resistance of said individual's skin to electric current, said data indicative of heat flow, said data indicative of heart beats or muscle or brain activity and said data indicative of a temperature of said individual's skin.

159. (Previously Presented) A method according to claim 157, said at least two sensors being said body motion sensor and said heat flux sensor, wherein said one or more measured parameters comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heat flow.

160. (Previously Presented) A method according to claim 159, said at least two sensors further including said skin conductance sensor, wherein said data relating to calories burned is generated using at least said data indicative of motion, said data indicative of heat flow, and said data indicative of resistance of said individual's skin to electric current.

161. (Previously Presented) A method according to claim 113, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

162. (Previously Presented) A method according to claim 118, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

163. (Previously Presented) A method according to claim 138, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived

data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

164. (Previously Presented) A method according to claim 143, said at least two sensors being said body motion sensor and said body potential sensor, wherein said derived data comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

165. (Previously Presented) A method according to claim 153, said at least two sensors being said body motion sensor and said body potential sensor, wherein said one or more measured parameters comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

166. (Previously Presented) A method according to claim 157, said at least two sensors being said body motion sensor and said body potential sensor, wherein said one or more measured parameters comprises data relating to calories burned and is generated using at least said data indicative of motion and said data indicative of heart beats.

167. (Previously Presented) A method according to claim 104, further comprising receiving sensor data from one or more sensor devices, said one or more sensor devices measuring said sensor data from the individual, and using said sensor data in addition to said data indicative of one or more measured parameters to determine said quantitative status information.



168. (Previously Presented) A method according to claim 124, further comprising receiving sensor data from one or more sensor devices, said one or more sensor devices measuring said sensor data from the individual, and using said sensor data in addition to said data indicative of one or more measured parameters to determine said relative degree of achievement.

169. (Previously Presented) A method according to claim 153, further comprising receiving sensor data from one or more sensor devices, said one or more sensor devices measuring said sensor data from the individual, and using said sensor data in addition to said data indicative of one or more measured parameters to determine said quantitative status information.

170. (Previously Presented) A method according to claim 157, further comprising receiving sensor data from one or more sensor devices, said one or more sensor devices measuring said sensor data from the individual, and using said sensor data in addition to said data indicative of one or more measured parameters to determine said relative degree of achievement.

171. (New) A method according to claim 104, further comprising the step of generating derived data from said data indicative of at least one of said first and second parameters, wherein said quantitative status information indicative of the relative degree of

achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.

172. (New) A method according to claim 124, further comprising the step of generating derived data from said data indicative of at least one of said first and second parameters, wherein said quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.

173. (New) A method according to claim 153, further comprising the step of generating derived data from said data indicative of at least one of said first and second parameters, wherein said quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.

174. (New) A method according to claim 104, further comprising the step of generating derived data from said data indicative of at least one of said first and second parameters, wherein said quantitative status information indicative of the relative degree of achievement of said individual's performance with relation to said physiological status goal is calculated from at least said derived data.